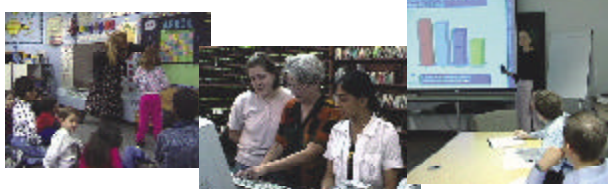


# Career Development & Lifelong Learning

Today's world of work is much different than yesterday's. Change and uncertainty is the norm. It is most likely that you will be changing jobs 6 to 8 times in your life. This may mean you may need to simultaneously pursue career education and employment. To expect a path of formal education followed by one career in an established discipline, followed by retirement, is no longer realistic. Today emphasis is on lifelong learning and multiple job/career transitions.

The aim of career development is to help you understand your potential and to help you maximize this potential in the work force today and in the future. From the start, you will need to have a clear idea of the kind of career path you would like to follow. Good career planning can lead to a satisfy-

ing career. People who do not career plan usually get sick from stress working in fields they do not like, and students waste time and money pursuing educational areas in which they have no interest. The decisions we make about careers and leisure activities throughout our life span are



critical to our sense of well-being. Satisfaction in our work can be a key ingredient to our feelings of self-worth. Happiness can be contingent upon a role as productive and worthwhile employer or employee. Conversely, excessive stress on the job can interfere with our health and personal relationships.

Many believe that a person who balances work with life roles find fulfillment in the work place as well as in his or her other life roles as citizen, student, parent, etc. In planning your future you need to understand that career development is often a lifetime project and may require continuous learning.

[www.careernet.state.md.us/lifelong.htm](http://www.careernet.state.md.us/lifelong.htm)

## FINDING YOUR CAREER PATH

A satisfying career can be important to your happiness, since it determines the people you work with every day, the amount of leisure time you may have, and your standard of living. According to recent research, if you enjoy your career, it is likely that you'll live longer, too.

### Know Yourself

Good career planning begins with self-knowledge. This means knowledge about your own characteristics – your interests, values, abilities, skills, and personality. Your interests and values may include:

- working with ideas
- helping others with their development
- preparing gourmet food

Your abilities and skills may include:

- drafting and designing
- writing clearly
- selling

Your personality may lead you to choose a career with duties that:

- change frequently
- involve travel
- allow you to work without close supervision

Answering some of the following questions may help you

learn more about yourself. What do you like to do? What abilities and skills do you have? What is really important to you? How do your personality characteristics affect your career options?

These are just some of the questions you must explore and begin to answer as a first step in the career-planning process.

*....if you enjoy your career, it is likely that you'll live longer, too.*

### Know the World of Work

Next, it is time to gather information about occupations and the world of work. Which occupations will be in demand in future years? How are occupations changing? What do workers in various occupations do? Which occupations match your interests, values, abilities, and personality? What is the world of work really like? How is it changing? How will those changes affect you?

Did you know that:

- people who enter the workforce are likely to change occupations from 8 to 10 times

throughout their working lives?

- most jobs of the future will require some type of education or training beyond the high school level?

- your career options will increase if you are good in math and science?

### Get Help with Gathering Career Information

You can begin to answer many career-related questions by:

- reading information in *Job Notes 2003* and other publications available in high school guidance offices, *New Hampshire NHES Resource Centers* (see pg3), public libraries, and college placement offices
- talking to a counselor at your school or *New Hampshire NHES Resource Center* (see pg3)
- talking to friends, relatives, teachers, and others who know you
- talking to people in

occupations that interest you

- attending career fairs available in your school or community
- exploring job shadowing, mentoring, internships, and cooperative education programs in your school or community

### Put Yourself on a Path

After you've learned more about yourself and some occupations that interest you, it's time to set some goals. Then put yourself on a path to achieve them.

Learn the skills you need to get where you want to go. Find out if an occupation that interests you requires further education or if you can qualify for it using skills that you already have. You may need to learn some skills, such as résumé writing, interviewing, or how to apply for scholarships, school admission, or job training programs.

Remember, the future is not predetermined and cannot be predicted with certainty, but it can be influenced by individual thought and action. So, visualize the possibilities, imagine what the future could be like, and set out to discover it! <http://www.ctdol.state.ct.us/lmi/misc/lmistu1.htm>